

Applicant : Robert Johan Joseph Hageman, et al.  
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**Amendment to the Abstract**

In accordance with 37 C.F.R. §§ 1.72(b) and 1.77(b) please replace the Abstract of the Disclosure with the following amended Abstract:

**Abstract**

There is provided a nutritional or pharmaceutical composition comprising a protein fraction containing L-serine and an energy metabolism precursor wherein the composition is free of glycine or if glycine is present within the composition, the weight ratio of L-serine : glycine after hydrolysis of the composition is of more than 2.7 : 1, which composition provides an effective creatine response within mammals muscle and methylation reaction capacity of organisms.